

MICRONEEDLING POST CARE:

Microneedling uses fine needles to create controlled micro-channels in the skin, triggering the body's natural healing response. This process stimulates collagen and elastin production, helping reduce the appearance of fine lines, acne scars, uneven texture, and dull tone.

Microneedling with **Platelet-Rich Plasma (PRP)** enhances results by introducing concentrated growth factors—drawn from the patient's own blood—into the skin during or after treatment. PRP accelerates healing, supports tissue regeneration, and often leads to smoother texture, improved tone, and quicker recovery compared to microneedling alone.

IMMEDIATE POST-CARE:

- Immediately after treatment, take extra care to protect your skin from sun exposure. Apply a broad-spectrum mineral-based SPF 30 or higher, and wear a wide-brimmed hat—avoid visors or baseball caps, as they offer insufficient coverage. Continue applying an approved post-procedure mineral sunscreen daily, as the skin may show increased sensitivity to UV rays in the days following treatment. For procedures involving Platelet-Rich Plasma (PRP), allow the plasma to remain on the skin for at least one hour post-treatment. To manage discomfort, use cold compresses as needed. Gently cleanse the treated area with cool water before beginning your curated post-care regimen.

WHAT TO EXPECT POST-PROCEDURE

- A mild to moderate sunburn-like sensation often follows treatment, typically lasting between 2 to 24 hours. Some patients may also experience slight swelling and redness in the treated area.
- Within 24 to 48 hours, the skin may develop a sandpaper-like texture, followed by light flaking or peeling. Avoid picking, pulling, or manually exfoliating the skin, as this can lead to scarring and post-inflammatory hyperpigmentation. Allow the skin to shed naturally to support optimal healing and results

WHAT TO AVOID POST-PROCEDURE

- Cleanse the treated area with cool or tepid water only. **Gently pat dry—do not rub.**
- **Avoid premature exfoliation.** For 4–6 days, discontinue use of:
 - Harsh cleansers or scrubs
 - Retinols, AHAs, or benzoyl peroxide
 - Electric or battery-operated cleansing/exfoliating devices

- **Use only approved skincare or cosmetic products in the treated area for 2-4 days post-procedure.**
- **Avoid chlorinated water (pools, hot tubs) for 5-7 days.**
- **Refrain from activities that raise core body temperature** or cause heavy sweating for 72 hours:
 - Strenuous exercise
 - Saunas or steam rooms
 - Hot showers or baths
- **Avoid additional facial treatments, procedures, or waxing for at least one week** after treatment or until flaking fully subsides.
- Always **confirm approval with your provider** before scheduling any treatments in the same area
- Not all patients experience visible peeling or skin tightness. This does not indicate an ineffective treatment.
- Even without peeling, microneedling still delivers full benefits, including:
 - Stimulation of collagen production
 - Improvement in skin tone and texture
 - Reduction in fine lines and acne scarring
- Visible improvements may develop gradually and can take **up to 6-9 months** following a single treatment.
- Optimal results depend on:
 - Consistent use of recommended post-care products
 - Adherence to treatment frequency as advised by your provider

**For any questions or concerns, please contact the office directly.
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